

Candida (Candidiasis)

Many alternative and preventative health care practitioners find that a surprisingly high number of chronic health conditions are related to an overgrowth of yeast in the body (Candida albicans).

Cause

This overgrowth occurs when we disturb the natural balance in the body:

- By introducing antibiotics, hormones, including birth control pills, or steroid based medications e.g. cortisone.
- By consuming diets too high in sugars and refined carbohydrates and/or too low in fresh fruits and vegetables (3-5 servings a day recommended).

Result - Yeast Overgrowth

The result is yeast, which normally coexists with friendly bacteria (lactobacillus and bifidus) in the gut and other mucosal membranes of the body, now grow out of control. The yeast feeds on the sugars and carbohydrates while the friendly, but fragile bacteria, which normally keep the yeast in check, are easily destroyed by medications, intestinal disturbances, stress, etc.

Symptoms

Brain/Nervous System

Anxiety
Depression
Headaches
Irritability
Mood swings
Poor memory
Poor mental focus
Dizziness
Headaches/migraines

Immune/Respiratory

Frequent infections, especially ears/tonsils
Sinus congestion
Chronic cough
Pain/tightness in chest
Environmental sensitivities, i.e. mold

Reproductive

Endometriosis
Uterine Fibroids
Cervical Dysplasia
PMS
Infertility
Loss of libido
Prostatitis
Impotence
Pelvic pain
Vaginal discharge or itching

Digestive

Colitis/ Irritable Bowel disease
Constipation
Belching
Diarrhea
Bloating/Gas
Abdominal Pain
Bad Breath
Heartburn
Mucous in stools
Rectal Itching
Cravings for sweets, breads or alcohol
Food Allergies
Redness around rectal area

Other

Acne/ skin disorders
White coated tongue
Athlete's foot
Nail fungus
Canker sores
Burning tongue
Rash/blisters in mouth
Fatigue
Joint pain/arthritis
Muscle aches/weakness
Diabetes
Blurred vision
Spots in front of eyes

Getting Back in Balance

- ✓ Reduce yeast growth - increase friendly bacteria -
 1. *Garlic**
 2. *Optiflora Pre and Probiotic system**
 - * In more serious cases, anti-yeast remedies may be needed, such as Oil of oregano, Nystatin, Caprylic Acid (from coconut) and Pau d'Arco tea. And especially Candax (kills slowly so less die-off issues)
- ✓ Strengthen the immune system -
 1. *VitaLea Multivitamin/Multimineral*
 2. *Sustained Release Vita-C*
 3. *Nutriferon* - Unique, formula of 4 natural plant extracts which significantly increases the activity of the immune system and stimulates natural interferon production
 4. *CarotoMax* - Powerful antioxidants which improve the health off mucosal membranes making them more resistant not only to candida, but also cancer (e.g. precancerous cervical dysplasia)
 5. *Zinc*
- ✓ Reduce cravings -
 1. *Glucose Regulation Complex*
 - Usually, the greatest challenge in following the Candida reduction program is eliminating sugars and refined carbohydrates from the diet. Glucose Regulation Complex reduces cravings by improving the transport and utilization of blood sugar by the cells. Contains Alpha Lipoic Acid, banaba leaf extract and minerals essential for insulin receptors.
 2. *B-Complex*
 - Essential for the brain, the nervous system, balancing hormones and reducing cravings. B vitamins have been shown to help improve mood swings, irritability, nervousness, fatigue, depression, mental confusion, headaches, dizziness, stress, and help reduce risks of heart disease.
 3. *Fiber Blend Tablets, or Fiber Daily Mix*
 4. *Instant Protein Soy Mix*
- ✓ Balance hormones/ reduce inflammation -
 1. *Omega Guard Omega-3 Complex*
 2. *GLA Complex (Omega-6)*

These essential fatty acids help reduce symptoms of Candida related to inflammation and hormonal imbalances. They have been shown to help lower blood pressure, reduce menopausal and PMS symptoms, improve eczema, reduce heart disease risk, stop and reverse diabetic neuropathy, etc.
- ✓ Detoxify -
 1. *Liver DTX*
 2. *BestWater*
 3. *Alfalfa*
 4. *HerbLax*

"Die Off"

Be aware that when the yeast "dies off", toxins are released which can cause headaches, fatigue, achy joints, itching, diarrhea, or any of the other yeast overgrowth symptoms.

Diet

Remove Foods that Feed Yeast

Sugars:

maple syrup, honey, molasses, corn syrup

Refined Carbohydrates:

white flour products

e.g. crackers, snacks, chips

No Dairy, No Cheese, No Yogurt,

No sour cream, No cheese on pizza

No cheese in or on hotdish!

Include Foods that Nourish Cells

Protein-rich foods:

poultry, fish, eggs

Low-carb vegetables:

dark salad greens, spinach, asparagus,

broccoli, cauliflower, green beans,

brussel sprouts, peppers, summer

squash, and cucumbers